Budget dishes for the modern housewife

with easy-to-use **Bond KRUMS**

SAVE TIME AND MONEY

Serve better meals

Bond Krums are perfect for preparing quick, economical breading recipes. Bond Krums, you see, are golden-toasted, even-textured granules of Bond Bread with all the nutritional values retained. Ready for instant use, Bond Krums are wonderful for breading fried chicken, cutlets, sea foods and croquettes—wonderful for meat loaf, vegetable and au gratin dishes. Use Bond Krums for casseroles, thickening sauces and, of course, for pie crusts and desserts. It's another quality product by the Bond Bakers.

FOR PERFECT BREADED DISHES

1. Have food free from excessive moisture

2. Dip food in Krums, then in undiluted, well-beaten egg, then again in Krums.

3. Press Krums firmly onto food.

4. Average frying temp. is 350° F A 1 in. cube of bread, dropped into the fat, fries to a golden brown within 1 min., if fat is at this temp. Do not let let fat get so hot it becomes smoky In general, fry small pieces of Krummed meat or fish at higher temp. than larger pieces.

ECONOMY MEAT LOAF

1 cup Bond Krums
½ cup milk
1 teaspoon salt
½ cup tomatoes (canned)
1 egg
1 small onion, chopped
Pinch black pepper
1 tbs. minced parsley
½ small green pepper, chopped
2 cups ground meat (beef, pork, veal or lamb)

Combine all ingredients and mix well. Pack in a greased loaf pan. Bake in moderate oven (350° F.) 1 hour, or until done. Makes 6 servings

CHICKEN CROQUETTES

1 ¾ cups ground cooked chicken
2 cups Bond Stuffing Mix
1 cup thick white sauce, cooled
1 egg, beaten
1 tbs. minced parsley
Seasoning to taste

Thoroughly mix all ingredients. Shape into croquettes and chill. Roll in Bond Bread Krums, dip into beaten egg, roll again in Krums. Fry in deep fat to a golden brown. Drain. Make 8 croquettes.

FISH CAKES

2 cups flaked codfish
4 cups freshly mashed potatoes
2 eggs, beaten
2 tablespoons melted butter
Salt and pepper to taste

Freshen codfish as directed on package. Drain, dry and shred. Combine all ingredients and shape into 12 cakes. Chill. Roll cakes in Bond Krums, dip into beaten egg, roll again in Krums. Fry in deep fat to a golden brown Makes 6 servings of 2 cakes each

FRIED TOMATOES

6 medium-size firm tomatoes
½ cup flour
1 teaspoon salt
¼ teaspoon pepper
1 ½ cups Bond Krums

Wash tomatoes and remove stem end. Cut each tomato into two thick slices. Thoroughly coat tomato slices with combined flour and seasonings. Dip into beaten egg, then in Bond Krums. Fry in deep fat to a golden brown. Drain on paper towel before serving. Makes 12 slices, or six 2-slice servings.

FRENCH FRIED CHICKEN

1 3-lb. frying chicken, cut up
½ cup flour
1 ½ teaspoons salt
¼ teaspoon pepper
1 cup Bond Bread Krums

Roll chicken pieces in combined flour and seasoning. Dip into beaten egg, then roll in Krums. Fry in deep fat to a golden brown. Place browned chicken pieces in a shallow casserole and bake in moderately hot oven (350° F.) 35 minutes, or until very tender Makes 4 servings.

BREADED VEAL CUTLET

2 pounds boneless veal
¼ cup flour
½ teaspoon salt
Pinch black pepper
1 cup Bond Bread Krums

Cut veal into serving pieces. Combine flour and seasonings. Roll veal in seasoned flour, dip into beaten egg, then roll in Bond Krums. Fry in deep hot fat to a golden brown, about 4 minutes. Place browned veal in a shallow baking dish, cover. Bake in a moderate oven (325° F.) 1 hour. Makes 4 generous, or 6 small, servings

QUICK SALMON LOAF

1 lb. can salmon, (2 cups) drained
1 cup Bond Krums
1 egg, beaten
1 cup milk
1 tablespoon minced parsley
1 tablespoon minced onion
2 tablespoons lemon juice
Salt and pepper to taste

Combine all ingredients and mix lightly. Turn into well-greased loaf pan. Bake in moderate oven (350° F.) 45 minutes, or until firm. Serve hot with tomato sauce. Makes 6 servings.

KRUM PIE CRUST

1 ¼ cups Bond Krums
1 ⅓ tablespoons sugar
6 tablespoons softened butter or margarine

Combine butter, sugar and Krums. Pat mixture firmly against the bottom and sides of any 8-inch pie tin. Bake at 375° F. for 10 minutes. Makes a delicious crust for all cream- and chiffon-pie fillings. For a special treat, add a dash of cinnamon, nutmeg or ginger to the Krums, depending on filling you use.

Other Quality Products by the Bond Bakers

Bond Bread
Bond Wheat Bread
Bond Stuffing Mix
Bond Donuts
Bond Rye Bread
Bond Cookies

Look for Bond KRUMS in the bright red and yellow container

Bondie
Bond
BREAD
KRUMS
EVEN TEXTURED KRUMS
BEST FOR BREADING CHOPS, CUTLETS, CROQUETTES, FISH, OYSTERS, SCALLOPS, VEGETABLES — ALSO FOR PIE CRUSTS, CASSEROLES, GARNISHES AND SAUCES